

## ABSTRACT OF THE DISCLOSURE

An exposure method includes the steps of  
illuminating a pattern formed on a mask using an  
5 illumination system that forms an effective light  
source having a first part that includes only s-  
polarized light and a second part that mixes s-  
polarized light and p-polarized light, and projecting,  
through a projection optical system, light from the  
10 mask onto an object to be exposed.